

and in various forms, so that the special information desired may be turned to at once.

There are also beautiful lithographed maps, of each province, setting forth conspicuously every newspaper town in Canada; one sees at a glance the density or sparseness of newspaper publications in any district.

The Directory also contains some well thought out articles on advertising, some very useful information about customs tariff, as affecting newspapers and publications generally, the law regarding libel etc., etc. The circulation of this Newspaper Directory among advertisers throughout Great Britain and the United States as well as at home, will certainly be of great benefit to the Canadian Press. It is a work much needed and fulfils in a marked degree the expectations we should have of any work issued by this enterprising and successful firm of advertising experts.

UTERO-OVARIAN PAIN.—Prompt relief, unaccompanied by habit or untoward after-effect, is what the up-to-date practitioner desires most in these cases. If the pain is over the lower border of the liver, or lower part of the stomach or in short, be it headache, sideache, backache or pain of any other description caused by suppressed or irregular menstruation, it will yield to five grain tablets of antikamnia. This dose may be repeated in an hour or two, if needed. For very prompt relief, it is advisable to crush the tablets and swallow them with a little wine, diluted with whisky or toddy.—*Ohio Medical Journal*.

SANMETTO IN ALL FORMS OF VESICAL DISEASE.—I have found the preparation known as sanmetto a most excellent remedy in all forms of vesical diseases that have come under my observation, especially the cystitis attendant on the presence of stone before and after its removal, and also the vesical tenesmus from colds and urethral inflammation, both specific and non-specific

St. Louis, Mo.

JNO. R. PAPIN, M. D.

AN OLD WESTERN HÆMATHERAPIST.—Dr. Albert Dunlap, Creston, Iowa, from a private letter: "I had used bovine for about nine years, but only internally. Now, I use it internally and externally; so it is my 'Alpha and Omega.' Eighteen years ago, I had a large number of serious cases of bowel complaint in children, such as diarrhœa, dysentery, cholera infantum, etc. I had no 'bovine' but I used raw beef, scraped and beaten up in cold water with an egg-beater, and saved every case.

Disease is debility: hence, bovine comes in as an essential factor in every case; while in many cases it is the sole remedy needed. This is a broad cranky assertion, perhaps. But in several cases of ulceration of the stomach I have just followed the principles of "Hilton on Rest and Pain," and ordered rest to the alimentary canal for a month. The improvement was rapid and the recovery complete, on bovine in milk every two hours; no other nourishment, except to keep the liver acting and bowels regulated. In catarrh, I use Birmingham douche, with glyco-thymoline, or solution made with Siler's tablets, or Dobell's solution, followed by bovine locally by spraying; or where patients cannot afford a sprayer, diluted bovine applied with a medicine dropper: using seven parts bovine to one part of saturated solution of sodium chloride. Under this statement, improvement is very rapid. The general idea of it was brought to my notice by your journal, but I have modified your plan somewhat, to suit my practice. In cystitis, hæmorrhoids, chronic constipation—in fact, in any form of inflammation of the mucous membrane—the first thought is bovine; then, whatever else is necessary. But in the wasting diseases of